

TRACEN Petaluma Haley Hall Dining Facility						
09 -15 NOVEMBER 2015						
3	BREAKFAST	Calories	LUNCH	Calories	DINNER	Calories
M O N D A Y	Assorted Fresh Fruit Hot Cream of Wheat Eggs & Omelets to Order Hard Boiled Eggs Bacon and Sausage Ranch Style Hashbrowns Pancakes and Syrup Breakfast Burritos	50 104 300 70 45 190 64 414	French Onion Soup Braised Beef Shortribs Alice Springs Chicken Creamy Polenta Herb Roasted Potatoes Sauteed Green Beans Candied Baby Carrots Hot Rolls <u>Healthy Alternative Line</u> Caprese Sandwich Healthy Chips	80 240 307 197 287 110 73 114 267 164	Mediterranean Vegetable Soup Fontina & Spinach Stuffed Pork Loin Potatoes Au Gratin Braised Kale with Garlic Roasted Brussels Sprouts Warm Breadsticks	160 246 223 85 116 120
T U E S D A Y	Assorted Fresh Fruit Hot Oatmeal Bar with choice of Fresh & Dried Fruit, Brown Sugar, Cinnamon Sugar, Eggs & Omelets to Order Hard Boiled Eggs Bacon and Sausage Skillet Fried Hashbrowns French Toast and Syrup Sausage Gravy Homestyle Biscuits	50 150 varies 300 70 45 151 210 360 103	Pesto Gnocchi Soup Chicken Saltimbocca Shrimp Scampi Fettucini with Roasted Tomatoes Bravas Potatoes Asparagus with Parmesan Crust Roasted Cauliflower Hot Rolls <u>Healthy Alternative Line</u> Grilled Pestos Chicken Whole Wheat Pasta	194 266 193 207 153 93 30 114 440 200	Chicken and Wild Rice Soup Country Fried Steak & White Gravy Mashed Potatoes Peas and Carrots Steamed Corn Stewed Tomatoes Buttermilk Biscuits	150 450 190 77 33 65 113
W E D N E S D A Y	Assorted Fresh Fruit Hot Grits Eggs & Omelets to Order Hard Boiled Eggs Bacon and Sausage South of the Border Hashbrowns Waffles and Syrup Corned Beef Hash	50 142 300 70 45 174 260 382	Brunch Broccoli Cheese Soup Eggs & Omelets to Order Bacon and Sausage Hashbrowns Burgers Veggie Burgers French Fries Corn on the Cob	 160 300 45 151 390 180 185 143	Broccoli and Cheese Soup Carolina Pulled Pork JoJo Potatoes Baked Beans Spicy Collard Greens Fresh Coleslaw Hushpuppies	168 426 230 190 174 130 74
T H U R S D A Y	Assorted Fresh Fruit Hot Cream of Wheat Eggs & Omelets to Order Hard Boiled Eggs Bacon and Sausage Hashbrowns French Toast and Syrup Creamed Beef White & Wheat Toast Points	50 104 300 70 45 151 210 204 80	New Orleans Style Gumbo Blackened Chicken Breast with Creole Sauce Crawfish Etoufee Dirty Rice Mashed Sweet Potato Corn on the Cob Fried Okra Cheddar Cornbread <u>Healthy Alternative Line</u> Seared Fish Cous Cous	189 176 213 191 184 103 125 109 220 205	Hot and Sour Soup Beef Teriyaki Crispy Coconut Shrimp Orange Marmalade Dipping Sauce Vegetable Fried Rice Sesame Snap Peas Spring Rolls and Dipping Sauces	120 280 273 84 130 52 90
F R I D A Y	Assorted Fresh Fruit Hot Oatmeal Bar with choice of Fresh & Dried Fruit, Brown Sugar, Cinnamon Sugar, Eggs & Omelets to Order Hard Boiled Eggs Bacon and Sausage Hashbrown Casserole Pancakes and Syrup Breakfast Burritos	50 150 varies 300 70 45 275 64 414	Crab and Corn Chowder Fresh Catch of the Day Prime Rib Au Jus Salmon Croquettes w/Remoulade Roasted Fingerling Potatoes Sundried Tomato Risotto Creamed Spinach Steamed Carrots Hot Rolls Captains Platter	209 Varies 810 275 160 219 120 55 114 146	Cream of Mushroom Soup Chicken Pot Pie Chicken Bruschetta Cottage Fried Potatoes Sautéed Patty Pan Squash Steamed Broccoli Cheddar Biscuits	212 260 201 100 50 35 130
S A T U R D A Y	Assorted Fresh Fruit Hot Grits Eggs & Omelets to Order Hard Boiled Eggs Bacon and Sausage Hashbrowns Pancakes and Syrup Sausage Gravy Homestyle Biscuits	50 142 300 70 45 151 64 360 103	Brunch Minestrone Eggs & Omelets to Order Bacon and Sausage Hashbrowns French Dip Onion Rings	 73 300 45 151 440 163	Minestrone Spaghetti and Meatballs Cheese Ravioli Marinara and Alfredo Sauces Steamed Broccoli Deep Fried Mushrooms Ranch Dipping Sauce Garlic Bread	73 360 410 190 38 68 24 129
S U N D A Y	Assorted Fresh Fruit Hot Cream of Wheat Eggs & Omelets to Order Hard Boiled Eggs Bacon and Sausage Hashbrowns French Toast and Syrup Corned Beef Hash	50 104 300 70 45 151 210 382	Brunch White Bean and Ham Soup Eggs & Omelets to Order Bacon and Sausage Hashbrowns Southwestern Chicken Wraps Tator Barrels	113 300 45 151 197 160	White Bean and Ham Soup Beef Stew Mashed Potatoes Roasted Carrots and Parsnips Dinner Rolls	113 180 410 241 133
The Food Service Officer is authorized to make changes to this menu when, due to unusual or unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock or to permit the timely use of perishable foods.						
Submitted By:			Reviewed By:		Approved By:	
FSC Reaves Dining Facility Supervisor			FSCS M. T. Epley Food Service Officer		Captain C.E. Fosse Commanding Officer	